

LADY SCOTS TRACK & FIELD INTRAQUAD MEET
Germany Park
January 19, 2024

FIELD EVENTS

3:30 - 4:00 Discus
 High Jump
 Long Jump

4:00 - 4:30 Pole Vault
 Shot Put
 Triple Jump

ORDER OF RUNNING EVENTS

3:30 3200 M Run

4:35 4 x 100 M Relay

 800 M Run

 100 M Hurdles (3H - run through the finish line)

 100 M Dash

 4 x 200 M Relay

 400 M Dash

 300 M Hurdles (3H - run through the finish line)

 200 M Dash

 1600 M Run

 4 x 400 M Relay

FOR THE RECORD